

**Listing of Claims**

1. – 12. (canceled) .
13. (currently amended) An apparatus for extruding filaments, said apparatus comprising:
- a) an extrusion die;
  - b) a polymer supply in fluid communication with said extrusion die;
  - c) a plurality of extrusion capillaries in said extrusion die;
  - d) a plurality of counterbores in said extrusion die allowing fluid communication between said capillaries and said polymer supply; **and**
  - e) an adjustable insert for interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries; and  
wherein said insert is a rod having a substantially circular cross section and further having a plurality of spaced apart holes therethrough.
14. (canceled)
15. (currently amended) The apparatus of ~~Claim 14~~Claim 13 wherein said rod has a single hole at each of said spaced apart locations.
16. – 18. (canceled)
19. (Original) The apparatus of Claim 13 wherein said insert is a rod having a substantially circular cross section, a diameter and a length, said rod having at least a first portion and a second portion along said length, said first portion having at a plurality of spaced apart locations a single hole through said diameter, and said second portion having at a plurality of spaced apart locations at least two holes through said diameter.
20. (Original) The apparatus of Claim 19 further comprising a second adjustable insert for interrupting said fluid communication between said polymer supply and at least one of said extrusion capillaries, wherein said second adjustable insert is a rod having a substantially circular cross section, a diameter and a length, said rod having at least a first portion and a second portion along said length, said first portion having at a plurality of spaced apart locations a single hole through said diameter, and said second portion having at a plurality of spaced apart locations at least two holes through said diameter.